



Baked Gigantes in Tomato Sauce



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 1 cup carrots finely chopped
- ☐ 1 cup celery chopped
- ☐ 2 tablespoons optional: dill dried fresh chopped
- ☐ 2.5 cups lima beans dried
- ☐ 0.3 cup olive oil extravirgin
- ☐ 0.3 cup parsley fresh chopped

- ☐ 3 garlic clove minced
- ☐ 2 teaspoons honey
- ☐ 3 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1.3 teaspoons salt

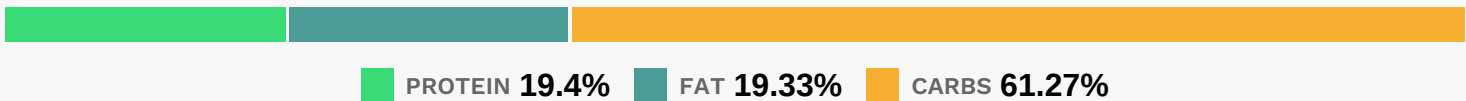
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours or overnight.
- ☐ Drain beans. Cover with water to 2 inches above beans, and bring to a boil. Cover, reduce heat, and simmer 1 hour or until beans are tender.
- ☐ Drain beans.
- ☐ Preheat oven to 32
- ☐ While beans cook, heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, celery, carrot, and garlic; cook 10 minutes, stirring occasionally. Stir in oregano and tomatoes; simmer 10 minutes. Stir in parsley, dill, honey, salt, and pepper.
- ☐ Combine the cooked beans and tomato mixture in a 3-quart casserole coated with cooking spray.
- ☐ Bake at 325 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:29.701738979505%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 343.31kcal (17.17%), Fat: 7.73g (11.89%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 41.67g (15.15%), Sugar: 10.65g (11.84%), Cholesterol: 0mg (0%), Sodium: 529.63mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.93%), Manganese: 1.49mg (74.74%), Folate: 281.08µg (70.27%), Vitamin A: 3119.13IU (62.38%), Fiber: 13.49g (53.94%), Vitamin K: 52.99µg (50.47%), Iron: 8.47mg (47.03%), Potassium: 1620.09mg (46.29%), Copper: 0.85mg (42.49%), Magnesium: 151.97mg (37.99%), Vitamin B1: 0.4mg (26.4%), Phosphorus: 251.67mg (25.17%), Vitamin B6: 0.47mg (23.74%), Calcium: 223.13mg (22.31%), Vitamin C: 17.85mg (21.64%), Zinc: 2.8mg (18.63%), Vitamin E: 2.6mg (17.36%), Selenium: 9.25µg (13.21%), Vitamin B2: 0.18mg (10.78%), Vitamin B3: 1.84mg (9.21%), Vitamin B5: 0.91mg (9.09%)